



## Safety Tips To Keep You Safe

### Check First

▲ Remember to always “**check first**” with your parents or the person who is caring for you before you go anywhere or do anything. They are responsible for you and need to know where you are and at all times.

▲ Then, check in regularly to let them know what you are doing and that you are ok. For your protection your parents or caregiver should always know what you are doing.

▲ Never hide or run away from your parents or the person caring for you. Not knowing where you are is very scary!

▲ Never leave school with anyone other than your parents unless it has been pre-approved by your parents or unless you “**check first**” with the school.



### The Buddy System

▲ Always take a trusted friend with you when playing, riding your bike or walking somewhere like to school. The “**buddy system**” is safer and more fun. Talk to your parents about who this buddy should be.

▲ Use the “**buddy system**” in public restrooms, malls, movies, video arcades and parks. Always “**check first**”, asking your parents before you go to these places, and never go alone.

### Strangers

A stranger is *anyone* you do not know well. Your best friend is a good example of someone you do know well. You might invite your best friend to dinner or to spend the night at your house.



You see your parents talking to strangers everyday at the grocery store or bank but you do not know them well enough to talk with them. You do not know them as well as you know your best friend and this should make you cautious.

▲ “**Check first**” with your parents before you talk to *anyone* you do not know well, even if they speak to you first.

▲ Don't be tricked by people who offer you a special treat or gift like candy or money. Always ask your parent's permission before taking *anything* from anyone.

▲ If an adult approaches you for help or directions, remember grown-ups know they should never ask children for help. You should be suspicious of any adult you do not know well who is asking you for help. It is ok to say “no”! Then tell someone!

▲ If someone tries to take you somewhere, yell and scream for help.



### Home Alone

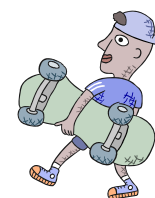
▲ Stay safe at home by locking the doors and not opening the door to *anyone* unless your parents have preapproved the visit.

▲ Never tell anyone who calls on the phone that you are home alone. Never give personal information out over the phone. Talk to your parents about what you should say if someone calls.

▲ If you are home alone after school, when you get home have a plan to call a parent to let them know you are home safe with the doors locked.

▲ Talk with your parents about whom to call if there is an emergency or you are scared, like a trusted neighbor.

▲ Have a list of emergency telephone numbers by your telephone and talk about when you should call them.



### Out and About

▲ If you feel lost, don't panic. Ask a store clerk or other employee for help.

▲ Don't go off alone with anyone and never wander around searching for your parents or caregiver on your own. Go to a checkout counter, security office or the lost and found. Tell the person you need help finding your Mom or Dad.

▲ Talk to your parents about a plan in case you get separated. Pre-plan an easy-to-find place to place to meet.

▲ Don't wear clothes or carry items like a back-pack with your name on the outside. Don't get confused or fooled and respond when someone you don't know calls out your name.

▲ When walking places like school and the park, talk with your parents about what route to take. Then, stay on that route and use the "buddy system." Your parents need to know where to find you.



▲ Make sure you know your address and phone number and how to use the telephone. Know where to find important emergency phone numbers.

▲ If someone follows you on foot, run away from them quickly, go somewhere safe and always tell a trusted adult.



▲ If someone follows you in a car turn around and go the other direction, go somewhere safe and always tell a trusted adult.

▲ Never get into a car, take a ride or go with anyone unless you are with your parents or unless you "check first" with you parents.

▲ Trust your feelings. Get away from anyone that makes you uncomfortable and tell a trusted adult.

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# Kids

## Your Safety Counts!



**It's cool  
to follow the rules!**